



Pete Ricketts, Governor

DATE: December 22, 2019  
TO: NDCS Teammates  
FROM: Dr. Harbans Deol, Medical Director  
RE: Influenza Update

---

On November 21, 2019, I sent a memo concerning an uptick in influenza. To date, more than 1,800 deaths have resulted nationally. Equally concerning, Nebraska is among those states where the flu is widespread. A growing number of our inmates have become ill. Ultimately, this could become a long flu season for many.

Flu is one of those viruses spread both through droplets and by touch. And often, people are contagious before they even realize they are sick.

Flu can be very problematic for young children, older adults and people with weakened immune systems. For that reason, people in those groups are strongly encouraged to get vaccinated. Even healthy individuals should consider immunization as a preventative measure.

NDCS is taking a proactive and preventive approach to fighting the flu. Remember VCCC:

- **Vaccinate**
- **Cover** – coughs and sneezes
- **Clean** – wash your hands frequently with soap and water
- **Contain** – Avoid close contact with anyone who has the flu. If you are ill, try to avoid spreading it to others.

If you touch surfaces, avoid then touching your mouth and nose. In addition to hand-washing clean communal surfaces frequently. If you have inmate porters assigned to your work area, make sure they stay busy throughout their assigned work hours. As soon as they are done disinfecting all of the surfaces in their work area, they need to go back and start over.

Scott R. Frakes, Director  
**Dept of Correctional Services**

P.O. Box 94661 Lincoln, NE 68509-4661  
Phone: 402-471-2654 Fax: 402-479-5623

[corrections.nebraska.gov](http://corrections.nebraska.gov)

If you do become ill, antiviral drugs may help reduce the severity and time that you are sick. Reach out to your doctor as soon as you don't feel well. If you are diagnosed with the flu, stay **home** until your doctor says it safe to return to work.

As the number of confirmed cases among the inmate population continues to rise, we will be taking additional steps to contain unnecessary exposure. This includes cancelling visiting, and modifying movement schedules. We are strongly encouraging the use of masks during work hours, especially by members of the transport teams.

We will continue to provide updates as the flu season progresses. Until then, be vigilant, get as much rest as possible and continue to eat a healthy diet.